

PTA POHAKULOA TRAINING AREA

Special Troops deploy to PTA

Story and photos by
SPC. ERIN SHERWOOD

45th Sustainment Brigade Public Affairs
8th Theater Sustainment Command

POHAKULOA TRAINING AREA — More than 130 Soldiers from the 45th Sustainment Brigade deployed, here, on the Big Island, April 27-May 1, for a long tactical training exercise designed to prepare them for future missions in the Pacific region and overseas.

PTA simulates a potential deployment to Jordan for the troops.

The training was also meant to prepare some units for Pacific Pathways, an exercise developed to enhance quick responses to humanitarian or regional threat requirements.

Other units are already scheduled to support operations across the world.

“The purpose of this training is to challenge and stress Soldiers, equipment and systems we have in place that allow us to operate as a team,” said Maj.

Justin Redfern, executive officer for the 45th Special Troops Battalion. “It is also to leverage the training environment here on the Big Island and get a full picture of our battalion’s capabilities operating together.”

The exercise officially began April 20, with the transport of training supplies and tactical vehicles to the Big Island on the 45th’s logistic support vessels out of Joint Base Pearl Harbor-Hickam. Participating personnel were transported via helicopter throughout the week. Preparation for the exercise began weeks before for most of the Soldiers were involved.

“We are using our actual vehicles, so we had to train our Soldiers on tasks like how to use radio sets, how to properly put the vehicle harness on, and how to enter and exit the vehicle in a tactical environment before we actually got to Pohakuloa,” said Sgt. Jose Serra, 18th Movement Control

See PTA A-4

Above, a line of 45th Sust. Bde. Soldiers fire M9 pistols on the range at PTA, May 2.

Right, brigade troops board a Marine Corps CH-53E Sea Stallion at Marine Corps Base Hawaii in Kaneohe, April 30. They were transported to PTA on the Big Island for a three-week long training exercise that will prepare them for future missions in the Pacific region and other areas of the world.



Award goes to Signal Soldier 396th Sig. Co.’s Haines to receive prestigious leadership award

1ST LT. EMILY KLINKENBORG
396th Signal Company, 30th Sig. Battalion
516th Sig. Brigade, 311th Sig. Command

WHEELER ARMY AIRFIELD — For the past eight years, the Armed Forces Communications and Electronics Association chapter in Washington has teamed up with the military information technology leadership awards executive selection committee to determine the recipients for their annual Military IT Leadership Award.

This year, the Army Enlisted Service IT Leadership Award was granted to Staff Sgt. Adam J. Haines, 396th Signal Company, April 18.

As one of the 14 recipients, Haines is invited to attend the 8th annual awards luncheon and dinner in Washington, where he will be recognized amongst distinguished leaders working in support of the armed forces.

As a network management group supervisor for a strategic signal company, Haines took the initiative to re-evaluate and restructure the secure network on Oahu. His technical proficiency, management of the network and ability to create long-lasting, positive rapport with end-users reflects greatly upon himself as a leader and a continuation of outstanding reputation for the unit.

The dinner will include a keynote presentation by Adm. James Winnfeld, vice chairman of the Joint Chiefs of Staff.

IT Leadership Award

The award recognizes one enlisted member and one officer from each of the armed forces, in addition to four service members (two enlisted and two officers) assigned to a joint billet.

These Signal warriors are selected from across the globe based on their significant contributions to their respective units and the warfighters they support through the medium of information technology.



Haines

CAB contributes Kiowa to Pac Avn. Museum

Story and photo by
CAPT. HEBA BULLOCK

25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — One of the last two 25th Combat Aviation Brigade OH-58D Kiowa Warrior helicopters took a ride down to the Pacific Aviation Museum on Ford Island, where it will be historically preserved as a display, April 30.

This Kiowa, tail number 368, was assigned to the 2nd Squadron, 6th Cavalry Regiment, 25th CAB, and has now been donated to the Pacific Aviation Museum.

“Today, we are preserving history for an aircraft that has been around since the 1960s,” said 1st Sgt. Andrew Lamarre, Troop C, 2-6th Cav. “The Army has decided to retire the Kiowa Warrior. We are going to preserve its history, here, in Hawaii, so that citizens can see it and know what the aircraft has done over the years.”

Soldiers of Co. B, 209th Avn. Support Battalion, and a few museum workers unloaded the aircraft. The 209th then reassembled the Kiowa, so it would be ready for display. Once completed, the museum staff asked the Soldiers to sign one of the mechanical doors of the aircraft before it was closed.

“Certainly bittersweet, because it marks the end of a long and proud legacy of the Kiowa Warrior in the brigade,” said Capt. Thomas Fox, commander, Troop F, 2-6th Cav. “But it’s also a happy day that it’s going to be preserved at the Pacific Aviation Museum, a phenomenal place here in Hawaii.”

Fox flew this specific Kiowa Warrior when he



FORD ISLAND — Soldiers of Bravo Company, 209th ASB, and Pacific Aviation Museum employees use teamwork to unload the OH-58D Kiowa Warrior that the 25th CAB donated to the museum, April 30.

was previously assigned as the commander of Troop A, 2-6th Cav.

“This aircraft is important to me because it was an Alpha Troop aircraft, the ‘Renegades,’” explained Fox. “I am proud to see that Renegade logo on the aircraft, and I am very happy

the Pacific Aviation Museum wanted to keep it intact.”

A few Soldiers will be going back to the museum on May 16 to help out at “Open Cockpit Day” and to show off their historical legacy – the Kiowa Warrior.

Army to conduct prescribed burn on Schofield, May 11 +

U.S. ARMY GARRISON-HAWAII

Public Affairs

SCHOFIELD BARRACKS — Army officials are taking action against wildfires by conducting an annual prescribed burn of the Schofield Barracks training range complex, beginning Monday, May 11.

U.S. Army Hawaii personnel have spent the last six months preparing for the burn by removing brush around existing range firebreaks and improving roads throughout the range complex to provide better access for firefighters and emergency personnel.

The Army’s plan is to conduct a deliberate and phased prescribed burn of approximately 1,200 acres — systematically burning smaller areas at a time over the course of about one week.

“Safety is our No. 1 priority,” said Chief Scotty Freeman, chief, Fire Division, Directorate of Emergency Services, U.S. Army Garrison-Hawaii. “Prescribed burns are an important tool in preventing wildfires and protecting our communities, especially as the dry summer months approach.”

The prescribed burn will improve safety



File photo

USAG-HI wildland firefighters initiate a controlled burn at the James Campbell National Wildlife Refuge on North Oahu, Sept. 13, 2010.

by removing highly flammable guinea grass and other vegetation. If left unchecked, these grasses become large fuel sources for wildfires that can be difficult to contain and threaten area resources.

Freeman estimates that effective prescribed burns can reduce wildfire outbreaks by as much as 75 percent.

See BURN A-4



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Police Call

Strays, chickens tended to by animal control

COL. DUANE MILLER
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

If you have been in Hawaii for more than a day, you are probably aware that there are some stray animals out-and-about.

Perhaps the most obvious animals are the chickens.

While the chickens are the most obvious (and noisy) animals out there, the Directorate of Emergency Services works

with some of the more conventional stray and lost animals on our installations.

If a report is received by the Military Police regarding a stray animal, or if one of our animal control officers (ACOs) comes across a stray or lost animal, we make every effort to safely capture the animal and



Miller

then begin the process of trying to locate the owner.

We transport these animals to a temporary holding facility on Schofield Barracks where the ACOs use microchip readers to try to identify the owners. If the owner of the animal can't be contacted, the animal is placed in a kennel, provided food and water, and checked for injuries.

If injured, the animal is taken to the on-post vet clinic for treatment. If, after 24 hours, the MPs have not been contacted by the owner, the animal is transported to the Hawaiian Humane Society.

The chicken situation is a bit more difficult. We have spent a fair amount of time trying to find the best way to collect and remove the chickens that tend to call our installations home. With the assistance of the Directorate of Public Works, we have found a solution.

Although we don't have a definitive timeline, during the summer months a capture and relocation project should begin, which will see the removal of the free-range chickens on our installations.

If you encounter lost or stray animals, please give the MPs a call. Do not attempt to capture the animals. Even though Hawaii is a rabies-free state, stray or loose animals may be unpredictable and could carry disease.

Let our animal control experts resolve the problem.

DES

For more information on the services and personnel who support this community, visit www.garrison.hawaii.army.mil/des/default.htm.



POLICE BEAT ROLL-UP

Aliamanu Military Reservation
1 - Wrongful property damage
1 - Larceny

Fort Shafter
1 - Domestic disturbance
1 - Larceny
1 - Unattended children

Red Hill
1 - Domestic disturbance

Schofield Barracks

1 - Domestic disturbance
3 - Wrongful property damage
1 - Assault
3 - OVUII (intoxicant)
2 - Larceny
1 - Unattended children

Tripler Army Medical Center
1 - Wrongful property damage
1 - Assault

Wheeler Army Airfield
1 - Wrongful property damage



File photo

A typical flock of Hawaiian feral chickens claim a parking lot.

Q: Why does the Hawaii Army Weekly publish courts-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

Soldiers convicted w/BCD, dishonorable

25TH INFANTRY DIVISION

The following courts-martial results have been posted:

•A sergeant in Headquarters and Headquarters Company, 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, was found guilty of one specification of child endangerment. He was sentenced to be reduced to the grade of E-1, to forfeit \$1,031 pay per month for 12 months, to be confined for one year, and to be discharged from the service with a Bad Conduct Discharge.

•A private first class in Co. B, 225th Brigade Support Bn., 2nd Stryker BCT,

was found guilty of two specifications of rape. He was sentenced to be reduced to the grade of E-1, to forfeit all pay and allowances, to be confined for 9 years, and to be discharged from the service with a Dishonorable Discharge.

Federal Convictions. In addition to forfeiture of pay, confinement and a punitive discharge, a Soldier will also have a federal conviction that he must report when filling out a job application.

A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and voting.



5 STEPS in FAITH

Having a 'spiritual home' is important for resiliency

CHAPLAIN (CAPT.) JOANNA M. FORBES
209th Aviation Support Battalion
25th Combat Aviation Brigade
25th Infantry Division

Have you seen the movie trailer online that people around the world stood in line for hours to see?

Did you see the "Star Wars: Episode VII: The Force Awakens" trailer, and then re-watch it, savoring Luke's voiceover, scouring each image for details, re-joining at its last words: "Chewie, we're home"?

Speaking of home, where is home and what is it?

There's the old saying, "Home is where the heart is."

I once saw a plaque in an Army family's home that read, "Home is where

the Army sends us." And beneath that were hung smaller plaques with the family's duty stations.

For Han Solo and Chewbacca in the new "Star Wars" trailer, home seems to be setting off for adventures in the Millennium Falcon - a familiar place with familiar people heading off into a familiar situation - danger.

I've noticed that, as wonderful as Hawaii is, living here can be hard for Soldiers and their families. Their family and friends are a couple thousand miles - and a thousand dollar plane ticket - away. When life's challenges come, as they do on full-auto, at times, being that far from home can make coping hard and turn a situation devastating.

As science conducts more research

on resiliency, we have come to understand that spiritual resiliency is a key part of a person's complete resiliency. Spirituality provides critical support to a person's sense of wholeness and well-being. It lends a person the ability to cope with stress and a positive outlook on life. Having a "spiritual home," therefore, is important.

For people of religious faith, a spiritual home can be found in their faith community, a place where they receive a message that uplifts and encourages them, and interact with people who care about them and share a mutual vision for the world.

For Christians, that spiritual home is where God promises to be present in and among God's people as the living word, Jesus, as described in the Gospel of John:

"And the Word became flesh and lived among us." — John 1:14

In English, we call it church. Going to church is not about the building, but about getting together with the people. However, it's not just Christians, but practitioners of all religions, who find comfort and strength in getting together with others of that religion.

In gathering with believers, people can strengthen their knowledge of their sacred writings, deepen their prayer life, share their talents with the congregation and serve others in need. In the process, you might even make some new friends - building not just spiritual resiliency, but social resiliency, too!

No matter how you define home or where you find it, no matter where the Army sends you, a spiritual home should be a part of your life. You can always talk with your unit's chaplain or chaplain assistant about where to start looking for one.



Forbes

Getting it Straight

In the May 1 issue, p. A-2, an incorrect signature block graphic was used for the Sergeant Major of the Army. SMA Raymond F. Chandler retired in January after 34 years of service. The correct signatory is SMA Daniel A. Dailey, who was sworn in Jan. 30.



Voices of Ohana

May 8, Military Spouse Appreciation Day

What are some of the sacrifices military spouses make?

By: 8th Theater Sustainment Command Public Affairs



"A lot of spouses have to raise kids on their own while the Soldier is deployed."

Lt. Col. Steven Mark Jones
Chaplain,
18th MEDCOM



"It bugs my wife when she asks me how my day was, and I can't tell her everything because some of it is classified."

Staff Sgt. Gary McBride
Personnel Security
NCOIC, USARPAC



"Waiting. They're always waiting for their husbands to come home."

Harry Parent
Chief of Operations,
IMCOM Pacific



"My wife puts up with my working unique hours and a lot of holidays."

Sgt. Kevin Reese
Military police
officer, USARPAC



"When my dad was a first sergeant, my mom would say she felt like she was sharing him with the Army."

Pvt. Jason Vargas
Military Intelligence,
500th MI Bde.



Service members to be recognized by Gov. Ige

Today, Gov. David Y. Ige will host a ceremony at his office to kick off Hawaii Military Appreciation Month.

During the ceremony, seven individuals will be recognized as the Outstanding Community Volunteer for the respective military commands they are assigned to.

The honorees follow:
•**Spc. Melody Bell**, Hawaii Army National Guard;
•**IT1 Erich Bull**, U.S. Pacific Command;
•**Sgt. Jonathan McDonald**, U.S. Marine Forces, Pacific;
•**BM1 Charles Palmer**, U.S. Coast Guard District 14;
•**HM2 Samuel Torres**, U.S. Pacific Fleet;
•**Senior Airman Stephanie Torres**, U.S. Pacific Air Forces; and
•**Spc. Alina Zamora**, U.S. Army-Pacific.

The honorees were selected for demonstrating a strong commitment to community service. Their volunteer work has included, but hasn't been limited to, environmental stewardship, coaching youth sports, coordinating support for local nonprofit organizations and providing medical outreach to homeless families.

MAC and CoC
This year will mark the 30th year that the Military Affairs Council and the Chamber of Commerce Hawaii have recognized the outstanding service our men and women in uniform are performing to enrich our community.

ESPRIT DE CORPS RUN



Maj. Gen. Charles Flynn (left) and Command Sgt. Maj. Benjamin Jones, 25th ID command team, lead Tropic Lightning Soldiers on a 5-mile Take a **STAND!** Esprit de Corps run, above and top.

Photos by 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Soldiers from the 25th Infantry Division run 5 miles from Leaders Field to the installation gate at the Kolekole Pass, May 1. The Take a **STAND! Esprit de Corps run promoted awareness of SHARP, or Sexual Harassment, Assault Response and Prevention, within the division.**

The Take a **STAND! campaign places community emphasis on four key issues: sexual harassment and assault, safety violations, suicide prevention and substance abuse.**

Addressing these issues contributes to an increased sense of safety and security for Soldiers, civilians, family members and retirees.

RELATED STORIES
• Read about SHARP and safety on page A-7.

From hurricanes to highways, 7 occasions to mark in May

DAMIEN SALAS
Army News Service

May marks many occasions, including Mother's Day, May 10; Armed Forces Day, May 16; and the start of Makani Pahili, Hawaii's hurricane preparedness exercise, May 26.

As well, the following events mark May:
1 Congress designated May as National Military Appreciation Month in 1999 "to encourage the nation to publicly demonstrate their appreciation for the sacrifices and successes made by our service members," according to the Army Family and Morale, Welfare and Recreation Program.

The declaration summoned U.S. citizens to observe the month "in a symbol of unity, to honor the current and former members of the armed forces, including those who have died in the pursuit of freedom and peace."
2 May 5-10 is Public Service Recognition

Week, organized annually by the Public Employees Roundtable to honor those who serve as employees of federal, state, county and local government organizations, according to PSRW.

Celebrated the first week of May since 1985, the observance is meant to connect Americans to public servants and government employees, including U.S. service members, to "showcase their accomplishments and recognize the significant challenges they take on each and every day," according to PSRW.

3 May is Asian-Pacific American Heritage Month, and the Department of Defense traditionally recognizes this observance with special ceremonies to highlight the achievements and successes of Asian-Pacific Americans. Learn more about events on May 11 and May 28. See "News Briefs," p. A-6.
4 Since 1984, May 8 has been celebrated as National Military Spouse Appreciation Day. See

page B-4 for more details.
5 Each Memorial Day, employees and volunteers at the National Memorial Cemetery of the Pacific, the Hawaii State Veterans Cemetery, and the Schofield Barracks Post Cemetery place thousands of American flags in honor of America's fallen. Additionally, senior government officials participate in wreath-laying ceremonies at the cemeteries on Memorial Day.
U.S. Army Garrison-Hawaii will host a Memorial Day ceremony at 10 a.m., May 25, at the Post Cemetery on Lyman Road.
6 May is the National Highway Traffic Safety Administration's National Motorcycle Safety Awareness Month, and the Department of Defense will continue to recognize this special observance through a variety of safety events. Brig. Gen. Jeffrey Farnsworth, director of Army safety and commanding general for the U.S. Army Combat Readiness Center, said the

annual observance is used to ward off complacency among service members who ride motorcycles, according to an April 23 Army News Service .
7 Employer Support of the Guard and Reserve (ESGR), a Department of Defense office, announced April 20 the selection of 30 finalists for the 2015 Secretary of Defense Employer Support Freedom Award, the highest honor the department gives to employers for support of National Guard and reserve employees.
A board comprising senior department and other officials and representatives will select the Freedom Award recipients, who will be honored at the 20th annual Secretary of Defense Employer Support Freedom Award ceremony at the Pentagon later this summer.
(Editor's note: "Hawaii Army Weekly" staff contributed to this article.)

BALIKATAN



Spc. Steven Hitchcock, 55th Combat Camera

FORT MAGASAYAY, Philippines — U.S. Soldiers assigned to the 1st Battalion, 27th Infantry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, conduct mortar operations with their Philippine army counterparts during the joint training exercise Balikatan 2015, here, April 22.



A soldier assigned to the Philippine 7th ID pulls security after exiting a Chinook during air assault training with the 1-27th Inf. Regt., April 16, in preparation for exercise Balikatan 2015.

PTA: Marines to train with Soldiers

CONTINUED FROM A-1

Team, 45th Sust. Bde.

The first week of the training was focused on weapons qualifications and individual/company-level tasks. Soldiers had a chance to qualify on multiple weapons systems, including the Mk 19 grenade launcher, the M2 machine gun, the M16 rifle, the M4 carbine and the M9 pistol. They will also practice warrior tasks and battle drills, such as casualty evacuation and first aid.

“(May 3), we got a chance to train on the M9 pistol,” said Serra. “Most of us haven’t held on to an M9 much, so it’s fun, it’s exciting and we are definitely taking advantage of all the weapons training for the exercise.”

The second week, all personnel were slotted to move to the Big Island’s Forward Operating Base Warrior for a two-week field training exercise that includes night driver’s training, medical evacuations with helicopters and a joint convoy live-fire exercise with the Marines.

“What we really want to focus on is becoming an expert in the tactical trade. As a sustainment brigade, sometimes it’s hard to balance Soldiers’ sustainment skills with tactical skills,” said Redfern. “We want to bring about a level of confidence in the tactical environment.”

“There are things you run into that are immediately fixable, and other things you have to get done with more flexibility during the exercise,” said Staff Sgt. Raven Monroe of the 18th MCT, 45th Sust. Bde. “As a noncommissioned officer, your job is to make it happen though, and make sure the mission is successful at the

end of the day.”

The days are long, with many skill sets and plans to develop over a short time. The intense schedule requires a lot of discipline and good leadership to ensure things run smoothly.

“We want to develop that expeditionary thinking where Soldiers develop their own sense of what their capabilities are, and leaders develop a sense of what their subordinates can do, so we can effectively defend across the Pacific,” said Redfern.

“Our main goal with the field training is to get Soldiers in the field mindset and make sure they are confident in what they’re doing if we ever have to deploy in the future,” said Monroe.

As the Soldiers train with their individual companies, everyone is eager to see how all the pieces of the puzzle will fit together with the relocation to FOB Warrior at the end of the week.

“Everything will come together with the culmination phase,” said Redfern. “This training is a once-in-a-lifetime opportunity for both our Soldiers and leaders.”

Lightning Support Soldiers

The PTA exercise involved multiple warrior tasks and drills, and unique hands-on training for each company deployed to the Big Island, including the 73rd Signal Company, the 259th Human Resource Co.’s unit medical staff, the 125th Finance Co., the 18th Movement Control Team, and the 536th Maintenance Co.

Burn: Coordinated effort to be made

CONTINUED FROM A-1

The team will conduct final checks, May 10, to ensure all personnel, equipment and safeguards are in place and ready. The actual burn will begin May 11, provided weather conditions, such as wind, temperature and fuel moisture are within the regulatory parameters.

Fire officials plan to complete the burn effort in approximately one week, pending any unforeseen issues or weather.

Burn operations will take place during daylight hours, and firefighters with DES’s Fire Division will remain on site each night to monitor the area.

“Coordination between supporting agencies is critical for an event like this,” said

Col. Duane Miller, director, DES, explaining that the garrison must follow Army, state and federal requirements when conducting a prescribed burn.

Multiple personnel from USAG-HI, the Federal Fire Department, the 8th Theater Sustainment Command, the 25th Infantry Division, and U.S. Marine Corps Forces, Pacific are supporting the burn effort, to include firefighters, aviators, engineers, natural and cultural resources specialists, explosive ordnance disposal personnel, and law enforcement personnel.

The Army has also coordinated with the Hawaii State Department of Health’s Clean Air Branch and the U.S. Fish and Wildlife Service, who have both reviewed and approved the prescribed burn plan.



Jenna Poindexter, an HHT, 3-4th Cav. spouse, fires the M240 machine gun during the ranges portion of the Spouse Spur Ride, April 28.



Cavalry spouses experience a little of the training their troopers go through at the Schofield Barracks obstacle course. Seven of the women who participated in the Spouse's Spur Ride are Gold Star spouses.

3-4th Cav. gives spouses a chance to earn their spurs

Story and photos by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — Spouses of 3rd Squadron, 4th Cavalry Regiment, “Raiders,” 3rd Brigade Combat Team, 25th Infantry Division, got a taste of military training during the battalion’s Spouse Spur Ride, here, April 28.

“This event is to show them what we do on a day-to-day basis, so when

we go train, they have an idea of what we are doing,” said Lt. Col. Daniel K. Mark, commander, 3-4th Cav.

The day began with the spouses being divided into five different troops based on the troops to which their spouses are assigned. Once they received their in-brief on the upcoming activities, the spouses loaded into the back of tactical trucks to begin the journey to their first event of the day: the obstacle course.

You could hear words of encour-

agement coming from the Raider spouses as they made their way through the challenging obstacles.

“Keep going; you can do it,” yelled the Soldiers.

Following the obstacle course, the spouses loaded back into the trucks and headed over to ranges KR-2 and KR-5, depending on how the group split.

At KR-2, half of the spouses received a lesson on how to properly clear a building using M4s loaded with blanks.

The other half went over to KR-5 to fire approximately 30 blank rounds from the M240 machine gun. Both groups spent about an hour at their respective ranges before switching with the other group.

Jenna Poindexter, a Headquarters and Headquarters Troop spouse, said she could feel the power of the machine gun as she fired it.

The spur ride was about showing the spouses what the unit does, but for one of the honored guests, the ex-

perience was more about healing.

“I feel like this is something I had to do. This, for me, was the next step in the healing process,” said Kristy Balli, one of the seven Gold Star spouses present.

A Gold Star spouse is someone who has lost his or her spouse in service to the nation at any time while on active duty.

To finish off the day, the spouses headed back to Quad F for a small awards ceremony.

Tax Center clients received over \$4.5 million in tax refunds

“Next to being shot at and missed, nothing is really quite as satisfying as an income tax refund.” — F. J. Raymond

KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Of all the difficult situations Soldiers prepare for – combat, natural disasters, long deployments away from family – perhaps the most under-appreciated is delivering bad news about a tax return.

The more than 30 Soldiers from various brigades and commands of the Army in Hawaii who staffed the Schofield Barracks Tax Center faced this hurdle, but also saved military ID holders an estimated \$377,874 in tax preparation fees by offering their services free of charge.

They declared their mission complete at a Tax Center closing ceremony, April 30, at the Schofield Barracks Post Conference Room.

But, before leaving, they shared experiences from the front lines of the tax field.

“Soldiers would bring in taxes done by professional tax preparers, and there would be errors that required amendments,” recalled Sgt. David Kuhn, a volunteer tax preparer from the 311th Signal Brigade. “One couple, after the amendment, received an additional \$9,000.”

He said he found himself wishing Soldiers were more educated about filing their taxes, and feeling disappointed by the errors made by professional non-military tax preparers. But overall, he had a positive experience helping his clients navigate a system that Albert

Einstein described as “the hardest thing in the world to understand.”

Filing taxes can be especially frustrating for service members, who may find themselves slogging through the differences between Army Regulation 608-99 support and alimony, tax-exempt combat-zone pay and various state income taxes.

For this reason, Capt. Eugene Gray, officer in charge of the Tax Center, described her tax preparers as quick experts in a tax system that is convoluted at best, and who worked hard, day after day, demonstrating courage by holding their ground and delivering the hard truth, even, on occasion, to officers who outranked them. By doing so, they gained skills that went beyond their military occupational specialty, skills that will ben-

efit them for years to come.

“They could have just called it a day, but they took the time to explain the returns to their clients,” she said. “With today’s ease of online tax preparation, this willingness to help is what set the Army’s tax preparers apart.”

By the Numbers

The 2015 Schofield Barracks Tax Center logged the following stats:

- Clients served: 1,320.
- Federal returns filed: 1,320.
- State returns filed: 1,101.
- Total amount of tax refunds: \$4,580,892.



Traffic Report lists roadwork, construction, outages and noise advisories from the Army and the Hawaii Department of Transportation. Visit [www.garrison.hawaii.army.mil /info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm).

Today

Menoher — There will be a road closure at Schofield’s Menoher Road between Hewitt and Parrish streets, weekdays, 8:30 a.m.-5 p.m., until May 14.

Cadet Sheridan — A partial road closure on Cadet Sheridan Road, from the north side of Elou Street to the south side of Trimble Road, continues weekdays, 8:30 a.m.-to 3:30 p.m., through May 18.

Weekend work, if necessary, takes place 9 a.m.-5 p.m.

During construction, northbound traffic from Kolekole Avenue to Cadet Sheridan will be detoured through Pule’e Street to Trimble Road, as necessary. South bound traffic at the Trimble Road and Cadet Sheridan Road intersection will be detoured through Hewitt Street to Kolekole Avenue, as necessary.

Airdrome Road, Continued — Single lane closures take place on Wheeler’s Airdrome Road, from Hangar 1020 to the septic plant. Work is done, weekdays, 8 a.m.-3:30 p.m. Both lanes are available when there’s no work being done.

9 / Saturday

Flats Outage — All of Fort Shafter Flats will experience a power outage from 8 a.m.-4 p.m. to support a flood mitigation project.

Another outage will occur on May 30th during the same hours.

June

6 / Saturday

Outage — A major power outage that was postponed from April 18 will affect all of Schofield Barracks, Wheeler Army Airfield, East Range and Leileihua Golf Course. The outage is required to support Schofield Barracks’ Castner Substation Renovation Project.

If you are still experiencing disruption in electrical services after the outage has been completed and power restored, call 656-3272.

‘HI, MOM!’



Sgt. Brian Erickson, 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

FORT POLK, Louisiana — Soldiers from Alpha Battery, 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division, wish their wives and mothers a Happy Mother's Day from the Joint Readiness Training Center, here.

NEWS
Briefs

Send announcement for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

HMAM — This morning, the State of Hawaii holds the opening ceremonies for Hawaii Military Appreciation Month. (*See p. A-3.*) For companies and organizations offering military discounts, visit www.garrison.hawaii.army.mil/communitycovenant/default.htm.

AG Week — Army Human Resource professionals are invited to participate in Adjutant General Week, May 8-14, beginning with a breakfast, today; sport competitions, May 12; a historical tour, May 13; and a run, university and social mixer. May 14. Visit www.facebook.com/groups/882035121836752/.

9 / Saturday

Kolekole — The Army Kolekole Walking/Hiking Trail is open this weekend, 5:30

a.m.-6:30 p.m to DOD ID cardholders and their guests.

11 / Monday

Celebrations — An Asian-Pacific American Heritage Month observance will be held at Fort Shafter’s Hale Ikena, noon to 1 p.m. Another observance takes place May 28.

12 / Tuesday

CID CoC — The 19th Military Police Battalion (CID) will hold a change of command ceremony, 1 p.m., on Schofield’s Hamilton Field. Lt. Col Michael P. Crane will take command from Lt. Col. Larry C. Dewey. Call 656-3397.

13 / Wednesday

ACE-SI — Military and civilians can attend ACE-SI Tier 1 & 2 suicide intervention training, today or June 10, July 8, Aug. 12, Sept. 9 or Oct. 14. Call 655-9105 to register.

15 / Friday

AG Ball — Attend the Adjutant General Corps’ 240th year Celebration Ball at the Sheraton Waikiki. AGCRA members receive a \$10 discount. To purchase tickets, email agcraaloachapter@gmail.com or visit www.facebook.com/groups/882035121836752/.

Legal Brief — The entire Office of the Staff Judge Advocate, to include Legal Assistance and Claims, will be closed

AER Ends — The 2015 Army Emergency Relief campaign “Making a Difference” is ending, today. Return completed donation forms to ACS. Call 655-7132 or visit www.aerhq.org to make an online donation.

16 / Saturday

AFD — Armed Forces Day activities include a combined military band concert at Hawaii Theatre. For tickets and parking, call 528-5535 or visit www.hawaiitheatre.com.

21 / Thursday

Reassignment Renovations — The garrison’s Directorate of Human Resources, Military Personnel Division Reassignment Section, will be closed until May 26 for renovations. There will be no reassignments levy brief today or May 28.

25 / Monday

Memorial Day — U.S. Army Garrison-Hawaii will host a Memorial Day ceremony, 10 a.m., at the Schofield Barracks Post Cemetery on Lyman Road.

94th AAMDC holds first combined-rank SHARP board

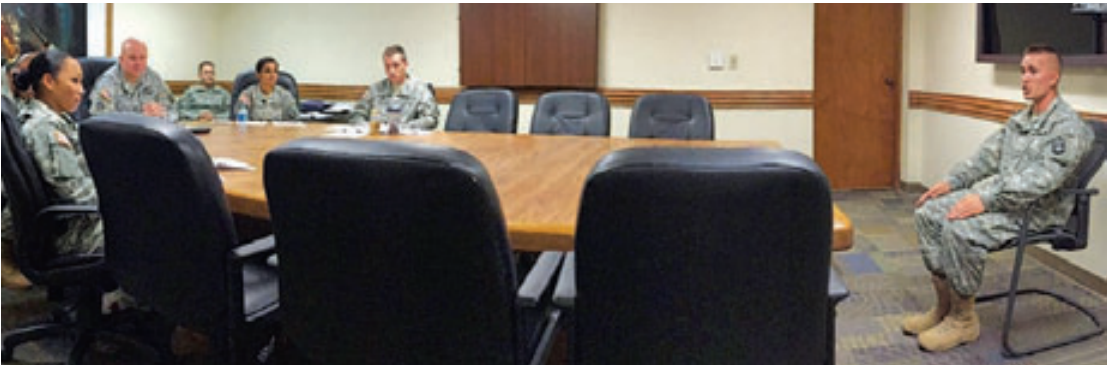
Story and photo by
SGT. KIMBERLY MENZIES
Army News Service

JOINT BASE PEARL HARBOR-HICKAM — Soldiers with the 94th Army Air and Missile Defense Command, U.S. Army-Pacific, participated in the 94th AAMDC’s first-ever combined-rank sexual harassment/assault response and prevention board, here, April 24.

The question and answer board is the first at the 94th AAMDC to be presided over and attended by both officers and enlisted Soldiers.

“The idea of a SHARP board was originally thought up by Sgt. Maj. (Johnny) Woodley, while he was part of Task Force Talon in Guam,” said Chief Warrant Officer 4 Sherrie Campbell, the 94th AAMDC SHARP program manager. “For our first official 94th AAMDC SHARP board, we wanted to progress to the next level, think outside the box.”

The 12 board candidates, consisting of warrant and commissioned officers, noncommissioned officers and enlisted Soldiers, were asked to submit a traditional board packet, a written essay that described what SHARP means to them personally and to par-



Pfc. Brandon Besser (right), a force management administrator, participates in the 94th AAMDC’s first combined-rank SHARP board, April 24, at Joint Base Pearl Harbor-Hickam.

ticipate in a question and answer session. This portion of the board was preceded over by five board members of varying ranks.

“Sexual harassment and sexual assault affects all of us, regardless of our rank,” said Master Sgt. Anthony Wyatt, the 94th AAMDC sexual assault response coordinator. “It would only be fair if a variety of ranks would be sitting on the board and competing. When Soldiers see their senior leaders, officers and (noncommissioned officers), participating, it is leading by example in its purest form.”

“It is a way for all leaders on any lev-

el to teach and engage all 94th AAMDC Soldiers on SHARP in an innovative way,” added Campbell.

The Soldiers were asked several SHARP-related questions by each board member. There were policy questions with answers directly from Army Regulation 600-20, Chapters 7 to 8, and situational questions in which Soldiers were asked to give examples of how they might apply their answers.

“This was a great way for our leaders to test true, legitimate understanding of the topic,” said Pfc. Brandon Besser, a force management administrator with 94th AAMDC who participated on the

board. “It is important for us to really know what we are talking about.”

“The individual who scores the highest after the conclusion of the board will be able to use their knowledge as a teaching tool for other future board attendees as a member of future SHARP boards,” said Wyatt.

The board also gave the 94th AAMDC Ready and Resiliency Team an opportunity to gain feedback from Soldiers on possible ideas to improve or make SHARP training more effective.

“When Soldiers were asked if they had anything else they would like to share with the board, they took it seri-

ously,” said Campbell. “Soldiers shared their ideas with us – suggestions we can implement to make our training more effective for all the Soldiers, at all levels.”

SHARP remains a top priority for the Soldiers of the 94th AAMDC.

“This also shows everyone how serious this subject is to us,” said Besser. “We created a board specifically for this one topic.”

“As much as we talk about sexual harassment and assault, it hasn’t entirely gone away,” said 1st Lt. Gabrielle Tally, a human resource officer with 94th AAMDC and panel member of the SHARP board. “We take it very seriously and are working to do our part to eradicate it.

“Yes, we have an understanding that sexual harassment and assault is a moral issue, but it is also a danger issue,” Tally continued. “No one wants to come to work and feel unsafe because of the continual possibility of danger. I personally want to do whatever I can to ensure that Soldiers, male and female, do not have to live with the fear for their personal safety. Education is a major component making this positive change possible. It is motivating to be part of that change.”

Army observes 2015 Motorcycle Safety Awareness Month

JULIE SHELLEY
Army News Service

The Army will continue its annual observance of National Motorcycle Safety Awareness Month, giving Soldiers an extended opportunity to prepare for the riding season ahead.

The month comes at a good time for the Army. Motorcycle fatalities were down 15 percent at the end of fiscal 2014 from the previous year and fell even further during the first two quarters of 2015.

This progress is because leaders, mentors and riders were vigilant, and that needs to continue.

Lt. Col. Joseph Harvey, director of the USACRC’s Driving Directorate, said many leaders throughout the Army couldn’t afford to wait for May to begin their motorcycle safety initiatives.

“Motorcycle Safety Awareness Month happens just as spring is transitioning to summer in much of the continental United States,” he said.

“While that might be ideal timing for leaders at northern or western installations, riders in southern or desert locations have been riding for months now, if not all year.



“Dedicating an entire month to motorcycle safety is a great thing, but it really has to be a year-round effort to remain effective for many Soldiers,” he explained.

While overall motorcycle fatalities are on a downward trend, enlisted leaders at the rank of sergeant and above still account for a disproportionate share of deaths, according to USACRC Command Sgt. Maj. Leeford Cain.

“This is a years-long trend, and it’s disturbing to me these accidents are still happening,” Cain said. “Recognizing indiscipline within our leaders and within ourselves is key. The Army gives us the training to ride right; now we have to be the kind of riders our Soldiers can look up to and emulate.”

In addition to its enduring theme of “Share the Road,” the National Highway Traffic Safety Administration is highlighting the dangers of drinking and riding with their “Ride Sober or Get Pulled Over” initiative. Alcohol is one of the leading indiscipline factors in Army motorcycle accidents, Cain said.

“It’s good to see national attention focused on this problem,” he said. “Riders put themselves and others at just as great a risk when they ride drunk as drunk drivers. While we don’t see it as often as speeding or lack of protective gear, it’s still a very valid concern for the Army.”

2015 MSAM Campaign

In recognition of the national observance, the U.S. Army Combat Readiness Center launched a media campaign, May 1, highlighting motorcycle safety.

Feature articles, posters and public service announcement videos will be released throughout the month as part of the campaign, as well as links to news stories recognizing the motorcycle safety efforts of formations across the Army.

The initial launch will be available at <https://safety.army.mil>, and new materials will be added to the site each week.

The NHTSA campaign can be found online at www.nhtsa.gov/Safety/Motorcycles.



PAU HANA

"When work is finished."

We ♥ Volunteers!

MAKING A
DIFFERENCE

The Hui 'O Na Wahine Thrift Shop on Schofield Barracks stocks gently used clothes, books, electronic equipment and household items. It also stocks consignment items at reasonable prices. Customers searching for a specific item can have their names added to the Wish List, and the store's staff will call them if the item comes in. The Hui donates proceeds from the store's sales to organizations and causes that help the Army community in Hawaii.



Thrift Shop offers support with its sales, donations

Story and photos by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Whether you're looking to stock your home on a budget or on the hunt for hidden treasure, the Hui 'O Na Wahine Thrift Shop may have it — for a fraction of the retail price.

The spacious, multi-roomed store stocks everything from baby clothes and sequined ball gowns to exercise equipment and televisions. There's even a consignment store, and specials such as the Fill a Bag Day during which customers may fill a reusable Hui 'O Na Wahine shopping bag (available for purchase at the store) with as many items of clothing as they can fit for \$7.

"The record is 81 pieces of clothing," said Shannon Herrera, the shop's manager.

And if you still can't find what you're looking for, the store's staff will add your name to the "Wish List" — a list of customers' names along with the items they're seeking. If the item comes in stock, the staff will give you a call.

You'd be well advised to add yourself to the Wish List because, while it is tempting to describe this store as a hidden gem that's mostly undiscovered by its community, the truth is it has a healthy customer base and things sell quickly.

"If you see something you like, get it now because it won't be here tomorrow," said Herrera.

Katherine Collins, the Hui's publicity officer, concurred, recalling the many times she donated items to the store in the morning only to find that they were gone by the afternoon.

As she spoke, a steady stream of customers flowed through the store, combing through racks of clothes and stacks of furniture.

"My mom told me to come here because there's lots of good stuff," said Jesmyn Agustin, who is expecting a baby boy and came to stock up on baby clothes and supplies. "And I did find a lot of things (for a good price)."

While Agustin was aware of the bargains, she didn't know that proceeds from the store's

sales are donated back to the Army community in the form of Hui 'O Na Wahine welfare and merit grants that are awarded to organizations and causes that support the Army in Hawaii.

This year, the Hui raised \$120,000 in grants, about \$100,000 of which came from Thrift Shop sales.

"That's a significant amount of money," said Shawna Hall, Hui 'O Na Wahine's outgoing president, who was wearing a blouse she purchased from the Thrift Shop, "considering most of it comes from small sales, a dollar here, a dollar there," she said.

That makes the Thrift Shop the backbone of the Hui's fundraising effort. By shopping there you get more than a bargain; you get a chance to support the community.

Hui 'O Na Wahine Thrift Shop

Hours of Operation are 9 a.m.–1 p.m., Tuesdays, Thursdays and Fridays, and the first and third Saturdays of the month.

It's located at 2107 Ulrich Way (behind the Army Community Service building on Schofield Barracks). Call 624-3254.

Donations

The Hui Thrift Shop accepts gently used donations of books, clothes, electronics, furniture, jewelry, musical instruments and toys, among other items. It does not accept donations of used mattresses, helmets, car seats, cribs and other items that are deemed to be health or safety hazards.

If you have questions about donations, please contact the store.

Volunteering

The Hui Thrift Shop is looking for volunteers (who are at least 16 years old) to help sort through donations, arrange inventory and keep the store clean, among other tasks. Once you accrue five hours of volunteer work, you qualify for a 20 percent store discount.

If you're interested, stop by during the store's hours of operation, and the staff will guide you through an orientation, after which you may start volunteering.



Incoming Hui 'O Na Wahine President Kat Fresh, left, and outgoing Hui President Shawna Hall pose at the Hui's Thrift Shop.

Spouses club awards \$120,000 to help Soldiers, families

KATHERINE COLLINS
Hui 'O Na Wahine

SCHOFIELD BARRACKS — The Hui 'O Na Wahine, Schofield Barracks All Ranks Spouses Club, awarded \$120,000, recently, at a ceremony at the Hui Thrift Shop, here.

The amount is one of the largest donations ever awarded by the spouses club.

Some \$100,000 in welfare grants went to 29 recipients this year, ranging from the USO and Armed Services YMCA to schools and scouting organizations. The grants funded projects, such as training service dogs for wounded warriors, first aid and CPR training, teaching military children about STEM fields through fun activities, and enabling military kids to compete in sports and go camping.

Each organization gave an explanation of how they serve the military community, what percentage of their members are military and an itemized project proposal for consideration.

The Hui awarded an additional \$20,000 in merit scholarships to military members and their families here. Ten scholarships were awarded to high school seniors and to current college students continuing their education in a fully accredited college or university.

The scholarship committee evaluated appli-



Photo courtesy of Hui 'O Na Wahine

The Hui 'O Na Wahine, Schofield Barracks All Ranks Spouses Club awarded nine merit scholarships totalling about \$20,000 to military family members. The Hui annually raises money to support a variety of Hawaii programs.

cants on several criteria, including academic achievement, extracurricular activities, community service, leadership, recommendations and a written essay.

Members of the Hui Governing Board hosted the ceremony and cupcake reception at the Hui Thrift Shop because it is the primary source for the organization's funding.

"We appreciate the work that you and your organizations do to support the military and greater Hawaii community," said outgoing Hui President Shawna Hall.

Hui Welfare Chair Tammie Droppelman and Hui Scholarship Chair Laura Musico recognized the recipients and distributed checks.

"Every year, the Hui 'O Na Wahine provides financial support to local community groups that support services and activities for our military members and families," said Droppelman. "The vast majority of funds are sourced through our Thrift Shop. The impact to our community is substantial, so whether you donate goods, volunteer in the Thrift Shop or make purchases, you are supporting our military community."

(Note: Collins is the Hui 'O Na Wahine Hui publicity chair.)

2014-2015 Hui 'O Na Wahine Welfare Grant Award Recipients**Private Organizations**

Armed Services YMCA-Wheeler
Ballet Hawaii
BSA Troop 24
BSA Troop 176
Camp H.R. Erdman
Cub Scout Pack 166
Cub Scout Pack 172
Cub Scout Pack 176
Dogs on Deployment
Family Programs Hawaii
Hawaii Fi-Do
Kolekole Girl Scouts
Monk Seal Foundation
Monk Seal Foundation - Education Group
Schofield Football Association
Schofield Sharks Swim Club
Semper Fi America's Fund
Teach for America Hawaii
USO Hawaii
Waialua Pop Warner

Schools

Hale Kula Elementary School
Ho'ala School
Leilehua High School
Mililani High School Music Boosters
Mililani High School SPADA
St. Michael School
Waianae High School JROTC
Wheeler Elementary School
Wheeler Middle School

2014-2015 Hui 'O Na Wahine Scholarship Recipients

Kelsey Asbery
Lexly Bledsoe
Taylor Danner
Sydney Droppelman
Sarah Ferguson
Austin Gillum
Michael McCaffery
Maxwell Mulbury
Jacqueline Sandoval
Keisha Walker

Learn about the Hui

The Hui 'O Na Wahine is a nonprofit organization that is open to all military spouses.

The Hui shares the spirit of aloha through service, community outreach and friendship.

Luncheons are held on the third Tuesday of the month, 10:30 a.m., at the Nehelani, Schofield Barracks, except during the summer.

For more information, visit www.schofieldspousesclub.com.





Briefs

Today

Parents Night Out — South (FS/AMR) CYS Services offers Parents’ Night Out to registered families in the military community, 6-11 p.m., May 9 and June 6, at AMR CDC (Bldg. 1783) and AMR SAC (Bldg. 1782). Reservations on a first-come, first-served basis at Parent Central Services at AMR, 833-5393.

10 / Sunday

Hale Ikena Sunday Brunch — Every Sunday, 10 a.m.-1 p.m., FS Hale Ikena dining room. Reservations recommended; \$24.95 adults and varied children’s prices. Call 438-1974.

11 / Monday

Pau Hana Social — SB Kolekole Bar & Grill offers end of workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; plus 4-6 p.m., Thursdays.

12 / Tuesday

FS Bike Rodeo — Military Police will conduct a bike bonanza, 4 p.m., FS Elementary School, to increase bicycle safety knowledge; includes safety tips, checking for proper wear of personal protective equipment and supervising a bicycle course ride along.

Preschool Story Time — Take your toddlers (ages 3-5) to a free story time at Army Hawaii libraries. There’s a different theme and story each week.
Attend FS library (438-9521), Tuesdays, and SB library (655-4707), Wednesdays, both at 10 a.m.

Teen Manga Club — SB Sgt. Yano Library Teen Manga Club offers a Manga fix with the regularly scheduled Teen Manga Club, 3-3:45 p.m., every 2nd and 4th Wednesday of the month. Members talk about how to improve the manga collection, share artwork and other activities. Open to children ages 12-17.

May is Asian-Pacific American Heritage Month

Asian-Pacific American Heritage Month is celebrated each May to recognize the contributions of Asian and Pacific Americans.

Congress passed a joint congressional resolution in 1978, establishing the first week of May as Asian American Heritage Week.

May holds two important anniversaries: the arrival of the first Japanese immigrants on May 7, 1843, and the completion of the transcontinental railroad by predominantly Chinese laborers on May 10, 1869.

In 1990, Congress voted to expand the commemoration from a week to a monthlong observance. Beginning in 1992, the month of May was permanently designated as Asian-Pacific American Heritage Month.

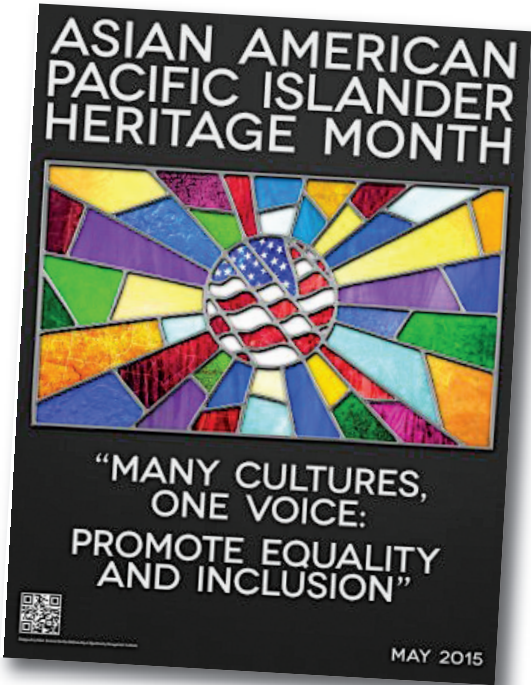
This year’s theme is “Many Cultures, One Voice: Promote Equality and Inclusion,” which honors Asian and Pacific American Soldiers, civilians and family members who have helped shape the history and make America’s Army a model institution for diversity and inclusion. The theme was chosen by the Federal Asian Pacific American Council (FAPAC), which emphasizes the diversity of Asian-American and Pacific Islander members of the FAPAC, who come from more than 30 ethnically distinct groups originating from the Asian and Pacific regions. It also demonstrates their unity in pursuing equal opportunity for all.

What has the Army done? Each May, the U.S. Army celebrates its Asian and Pacific men and women of all generations who have served in the defense of the nation. The Army plans and executes events and activities at installations, which appropriately commemorate the services and sacrifices of Asian and Pacific Soldiers and their families. These events underscore the importance of diversity in building and sustaining the best fighting force.

Why is this important to the Army? The Army is the strength of the nation and historically a leader in creating opportunities for all. The Army firmly values the principles of diversity and inclusion and continues to lead American society in maximizing the potential of future leaders from all backgrounds.

Diversity makes the Army better and more equipped to meet the challenges and threats of the 21st century.

RELATED STORY
• Read about May events on page A-3.



Graphic courtesy of Defense Equal Opportunity Mgmt. Institute

The theme for the 2015 Asian American and Pacific Islander Heritage Month is “Many Cultures, One Voice: Promote Equality and Inclusion.”

(Note: From Army’s “Stand-To” and the Joint Force Headquarters-National Capital Region/U.S. Army Military District Public Affairs Office.)

More Online

- President Barack Obama has issued a proclamation at www.defense.gov/home/features/2015/0515_aapi/2015asianpacific.prc.rel.pdf. Review these sites, too:
 - Experiencing War: Asian-Pacific Americans at www.loc.gov/vets/stories/ex-war-asianpacific.html.
 - Asian-American Pacific Islander Heritage Month Presentation at www.defense.gov/home/features/2015/0515_aapi/DEOMI_2015_Asian_American_and_Pacific_Islander_Heritage_Month_Presentation.pdf.
 - Asian-Pacific Americans in the U.S. Army, www.army.mil/asianpacificamericans/.

Cooking Club for Teens — The FS Teen Lounge is looking for teens who enjoy cooking, want to learn new recipes, want to participate in food tours and shows, and want to earn cooking award points towards reward excursions.

The cooking club meets every Wednesday, 3-4 p.m. Call the teen manager at 438-6470.

Quilting & Sewing Workshops — Learn how to make quilts and enjoy quality time with others at the quilting and sewing sessions, Tuesdays, 5-8 p.m., at the SB Arts & Crafts Center. Call 655-4202.

13 / Wednesday
KinderJam — High-energy music and movement programs for children

1-5 years of age. Program will be offered on SB, Wednesdays, and at AMR, Fridays. Parent participation is required. Call SKIES at 655-9818.

BOSS — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities

See MWR B-4

community calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

9 / Saturday

Kolekole — The SB Kolekole Walking/Hiking Trail is open Saturday and Sunday, 5:30 a.m.-6:30 p.m., to DOD ID cardholders and their guests. Do not park at the trail from 6:30 p.m.-5:30 a.m. Violators will be ticketed. Use of the trail is permitted only during open hours.

Hawaii Pet Expo & Puppy Match — Two-day pooch fest begins at 10 a.m. at the Blaisdell Center Exhibition Hall, 777 Ward Ave., Honolulu. Visit www.blaisdellcenter.com or call 768-5252.

Kuhio Beach Hula Show — Free show, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Call 843-8002. Seating on the grass, beach chairs, mats and cameras are welcome.

13 / Wednesday

Family Night — SB weekly family gathering begins at 5:30 p.m. and is located at the Main Post Chapel. Sessions follow from 6:10-7:30 p.m. Child care is provided.
Some of the classes offered include Financial Peace University, Healthy Living, 7 Habits of Highly Effective Army Families.

Contact at SB is Deborah McSwain, director of Religious Education, at 655-9198. At AMR Chapel, call 839-4319.

16 / Saturday

Combined Military Band Concert — This Military Appreciation Month event begins at 6 p.m. at the Hawaii Theatre. For information on tickets and parking, visit www.hawaiitheatre.com or call 528-5535.

New Baby Expo — Blaisdell’s Exhibition Hall hosts this two-day expo, beginning at 10 a.m., May 16, that offers exhibits, demonstrations and information for new parents.

20 / Wednesday

JROTC Medal Presenters — Seeking active/Reserve officers from all of the uniformed services to serve as volunteer medal presenters for the 2015 Hawaii JROTC awards ceremonies, through May 20. They’re usually held on high school grounds or community centers in the evening hours after school is out.

Seeking officers “to give back to their community” by honoring those cadets at the top of their class. Contact retired Col. Arthur Tulak at Hawaii@mofwus.org or call 477-8195 during duty hours.

21 / Thursday

TAMC Free Concert — TAMC Chapel, Schofield and Joint Base Pearl Harbor-Hickam gospel services will host a combined revival and free community concert, May 21-23. Contact the chapel for more details.

22 / Friday
Garrison Organization Day — Most USAG-HI programs and services close at 10 a.m. for the annual employee and family gathering at SB’s Stoneman Field.

23 / Saturday
Flowers for Fallen — The Girl Scouts are asking for the community’s help with donations of flowers or helping to sew lei to ensure that each of the over 9,000 veterans receive a lei of aloha on Memorial Day. This event happens May 23, 9 a.m.-2 p.m. at Kaneohe’s Windward Mall. Suggested flower donations are blossoms of plumeria, bougainvillea, stephanotis or crown flowers. Stalks of hardy or tropical flowers will also be accepted (24-inches maximum).

26 / Tuesday
Community Information Exchange — The next CIE (formerly called the SIM or Spouse Information Meeting, is 9-10:30 a.m., at the SB Post Conference Center (small PCR). The focus of this meeting is installation and community matters. Key service providers will provide details of upcoming events for 30-60-90 days, followed by an open forum and Q&A session.

Ongoing

Diana Ross Concert Tickets — Pop legend Diana Ross makes a first-ever concert appearance with Blaisdell Arena shows June 12 & 13. Tickets are available now and begin at \$45 at the NBC box office, 777 Ward Ave., Honolulu. Call (800) 745-3000 or visit www.ticketmaster.com.

Legal Aid — The SB and FS Legal

Assistance offices provide free legal assistance to active duty personnel, family members, retirees and certain Department of Defense personnel. The offices provide assistance on issues including, but not limited to, estate planning services (including wills and advance medical directives), consumer affairs, guardianship, divorce, taxes, landlord-tenant law, military administrative matters and insurance claims.
Also, notary services and powers of attorney are available. Visit SB Bldg. 2037, 655-8607, or FS Bldg. 330, Rm. 110C, 438-2627.

Installation Waste Disposal — For proper disposal in residential areas, contact your local community center. Do not place any cardboard, wood, bulky waste, hazardous materials or green waste in or around dumpsters. Visit the IPC website at <https://www.islandpalmcommunities.com/CurrentResidents>.

Freeway Service Patrol — This service is operating on Hawaii’s freeways and is sponsored by the State Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services.
The free service provides assistance to stranded motorists by changing flat tires, jump-starting vehicles, refilling radiators, making certain temporary repairs and providing an emergency gallon of gasoline. The service is available, 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

Vet Center — The FS Vet facility is open 8 a.m.-4 p.m. Call 433-2271.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:

- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC

•Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship
•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at Wheeler Annex

Protestant Worship
•Sunday Services

- 9 a.m. at MPC
- 9 a.m., at FD, TAMC chapel
- 10 a.m. at HMR
- 10:30 a.m. at AMR
- 11:30 a.m. at WAAF (Spanish language)
- 11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)
•Sunday, 10 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafe.com under realtime movie listing.



Unfinished Business
(R)
Fri., May 8, 7 p.m.

Cinderella
(PG)
Sat., May 9, 4 p.m.

Run All Night
(R)
Sat., May 9, 7 p.m.



The Divergent Series: Insurgent Two
(PG-13)
Sun., May 10, 2 p.m.

Get Hard
(R)
Thurs., May 14, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations		
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	Recreation
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center
	FMWR: Family and Morale, Welfare and	SB: Schofield Barracks

8th TSC recognizes selfless service, volunteering

Story and photo by
SGT. JON HEINRICH
8th Theater Sustainment Command Public Affairs

FORT SHAFTER — The 8th Theater Sustainment Command hosted a Volunteer Recognition Ceremony, April 23, at historic Palm Circle, here.

The ceremony recognized six Soldiers and five civilians within the 8th TSC, who contributed hundreds of hours to helping others.



Maj. Gen. Edward F. Dorman III, commander of the 8th TSC, and 8th TSC Command Sgt. Maj. Charles M. Tobin, stand with the 11 awardees during a Volunteer Recognition Ceremony, April 23, at historic Palm Circle.

They were rewarded with a two-star Congratulatory Medal on behalf of a grateful community.

“It’s about building trust with the civilian population who expects us to be who we are: the trusted Army professionals,” said Maj. Gen. Edward F. Dorman III, 8th TSC commander.

“These are the pillars of our profession: expertise, trust, esprit de corps and honorable service,” Dorman said. “They see this or volunteering as honorable service because it’s honorable in what you do, taking your own time and dedicating it to others.”

Dorman referred to volunteering as stewardship.

“We’re stewarding this great way of life, and we’re stewarding the fact that we give to others.

What more could we ask for in a society than to do our civic duty as volunteers? he said.

“When you think about what it gives back to the community – 81 billion hours, annually – it generates, what would be the equivalent of about \$162 billion,” Dorman continued.

“That’s the gross domestic product for some

VRC Recipients

- Recognized volunteers follow:
- Spc. Niamian Anotchi, 8th Special Troops Bn., for numerous hours of mentorship and leadership at the Gustav H. Webling Elementary School.
 - Spc. James Arbter, 5th Geospatial Planning Cell, 130th Eng. Bde., for 125+ hours as the Aliamanu Military Reservation Hawaii Youth Sports flag football coach.
 - Sgt. 1st Class Avil Donaval, HHC, 84th Eng. Bn., 130th Eng. Bde., for 330+ hours as the 8th grade boys basketball coach at Wheeler Middle School and the Child Youth Services basketball coach.
 - Sgt. Stephen Dudas, 561st Eng. Co., 84th Eng. Bn., 130th Eng. Bde., for volunteering in the Soldiers against Drunk Driving program by offering rides during weekdays and weekends to Soldiers.
 - Spc. Joshua Macy, 5th GPC, 130th Eng. Bde., for 125+ hours as the AMR Hawaii Youth Sports basketball coach.
 - Master Sgt. Sam Shiraishi, HHC, 8th

MP Bde., for 260+ hours to the Wounded Warrior Program and the Sgt. Audie Murphy Club.

Civilians

- Noelle Bou, HHC, 643rd Eng. Co., 84th Eng. Bn., 130th En. Bde., for 75+ hours as a family readiness group volunteer and the company’s reception liaison for inbound Soldiers and their families.
- Monic Flores, FSC, 84th Eng. Bn., 130th Eng. Bde., for 116+ hours as the FRG treasurer.
- Irene Hall, HHC, 643rd Eng. Co., 84th Eng. Bn., 130th En. Bde., for 250+ hours as the FRG leader.
- Marizel Mihal, Forward Support Co., 84th Eng. Bn., 130th En. Bde., for 260+ hours as the FRG leader.
- Meredith Rice, 561st Eng. Co., 84th Eng. Bn., 130th En. Bde., for 638+ hours as the FRG secretary and the Kolekole Girl Scout Troop 39 leader. She is also the U.S. Army Hawaii Civilian of the Year.

small countries. That is phenomenal.

“I applaud you for taking the time to provide selfless service, to show what our great Army

profession does, the ethic by which we live, and by embodying that in all that you do,” Dorman added.

Military-impacted schools striving toward accreditation

SCHOOL LIAISON OFFICE

Child, Youth and School Services

SCHOFIELD BARRACKS — On Sept. 18, 2012, the Hawaii State Board of Education (BOE) approved a Department of Education (DOE) five-year project to ensure all public schools are accredited by the Western Association of Schools and Colleges (WASC).

Accreditation was only required for secondary schools and colleges, but with this new requirement, the Hawaii DOE aims for its 159 elementary schools to be fully accredited by school year 2018-19.

Progress continues

Hale Kula and Shafter Elementary schools have been accredited since 2009, and they hold that honor of being one of those special elementary schools to receive the WASC accreditation before the BOE/DOE Strategic Plan was implemented.

Wheeler Elementary and Solomon Elemen-

tary schools have gone through their initial visit by the WASC accreditation team and will be revisited for 3-4 days, so the team can observe the school in full operation (in school year 2016-17).

All of the other off-post, Army-impacted elementary schools are going through the same process.

“We used the WASC accreditation as an ongoing school improvement process that assists us in an in-depth look at what currently exists ... and what needs to be improved in relation to student learning and our school’s program,” said Sherry Yamada, principal, Webling Elementary School.

“It involves the school in conducting a rigorous self-study compared to a set of research-based criteria,” she continued. “It certifies to the public that our school is a trustworthy institution of learning, validates the integrity of our school’s programs and student transcripts, fos-

ters improvement of the school’s programs and operations to support student learning, assures our school community that our school’s purposes are appropriate and accomplished through a viable educational program, and lastly, a school has a way to manage change through regular assessment, planning, implementing, and monitoring and reassessment.”

Completion target

The stated goal targets May 26, 2016, as a time when parents, students and community members can be assured that our Army-impacted elementary schools have met the educational quality of programs and services sanctioned by the WASC. It will reflect high standards of quality, progress and depth.

“The Hawaii Department of Education has embarked on a journey to ensure that all of our schools are in structured professional dia-

logue about what it will take for all students to have access to high-quality teaching and learning,” said Ann Mahi, superintendent, Hawaii DOE Complex Area. “(This includes) positive and supportive school environments, and opportunities and programs that support college and career readiness and the engagement of families and community in the education of the children. In order to accomplish this, the WASC accreditation process has been implemented.”

More Online

For more information about WASC, contact the School Liaison Office at 655-8326 or visit the Department of Education at www.hawaiipublicschools.org/ConnectWithUs/MediaRoom/PressReleases/Pages/Board-approves-Department’s-school-accreditation-plan.aspx.



Military Spouse Appreciation Day is real – and today

The calendar is full of obscure national holidays. Why, in the last week alone, we’ve been encouraged to celebrate National Chocolate Parfait Day, Beer Pong Day, Scurvy Awareness Day and National Lumpy Rug Day. Last month, we were afforded the opportunity to recognize Ex Spouse Day, National High Five Day, Bat Appreciation Day and National Cheeseball Day. And next month, we’ll gear up for World Jugglers’ Day, Hug Your Cat Day and Waffle Iron Day. And nestled in there – among all those weird holidays praising Paul Bunyan, Peach Blossoms and Ear Muffs – on the Friday before Mother’s Day, is Military Spouse Appreciation Day.

MSA Day? Is Military Spouse Appreciation Day a real holiday? Or, is it just another unsung observance like Extraterrestrial Abductions Day and Tell a Fairy Tale Day? According to Jacob Stein of the Congressional Research Service, there are only “11 permanent federal holidays established by law ... New Year’s Day, Martin Luther King Jr.’s Birthday, Inauguration Day (every four years following a presidential election), George Washington’s Birthday, Memorial Day, Independence



Day, Labor Day, Columbus Day, Veterans Day, Thanksgiving Day and Christmas Day.” The vast majority of “national holidays,” such as Grandparents’ Day, Squirrel Appreciation Day and even Halloween, are not established by an act of Congress, but, rather, are the result of a widely recognized tradition, brilliant corporate marketing campaigns or a bunch of goofy college kids who are good at social media. However, there are some special days of the year that, although they are not deemed to be federal holidays, have so much national significance that the President of the United States issues an annual proclamation calling upon the public to honor the

cause, event or individual. Military Spouse Appreciation Day is one of those significant public observances.

How did it start? In 1984, President Ronald Reagan established Military Spouse Appreciation Day by Proclamation 5184, recognizing the countless sacrifices and unselfish contributions made by military spouses since the days of the Continental Army. Here’s what it said:



Photo courtesy of Reagan Foundation

President Ronald Reagan establishes MSAD by proclamaion in 1984.

“(Military Spouses) subordinated their personal and professional aspirations to the greater benefit of the service family. Responding to the call of duty, they frequently endured long periods of separation or left familiar surroundings and friends to re-establish their homes in distant places. And there they became American ambassadors abroad. As volunteers, military spouses have provided exemplary service and leadership in educational, community, recreational, religious, social and cultural endeavors. And as parents and homemakers, they preserve the

cornerstone of our Nation’s strength – the American family.”

Thirty-one years later, military spouses continue to support their husbands, wives, families and country, despite facing serious career obstacles and family hardships because of their unpredictable, mobile military lifestyle. Why don’t we recognize “Accountant Spouses,” “Engineer Spouses” or “Chef Spouses” in the same way as military spouses? Because being a military spouse is not just a description based upon a husband or wife’s job. It’s a lifestyle commitment that requires a sense of duty, honor and patriotism. Especially now, it’s crucial that the public shows its appreciation for our all-volunteer military force, along with the family members at home. Like their husbands and wives, military spouses need to know that their sacrifices are worth it. This year, Military Spouse Appreciation Day falls on May 8th. Carve out a little time on your busy calendar to recognize a truly important national holiday. Commemorate Military Spouse Appreciation Day by acknowledging that, not only is it a real holiday, it’s really important.

RELATED STORY

- Read about other events in May on page A-3.

Briefs

CONTINUED FROM B-2

for Single Soldiers meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

- North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.
- South meetings are held at FS Bowling Center at 10 a.m., every 2nd

and 4th Wednesday. Call 655-1130.

14 / Thursday
Breakfast Specials — FS Hale Ikena is now serving breakfast, the most important meal of the day. Start your day with a delectable breakfast special at the Hale Ikena. Serving times are Thursdays-Sundays at 7 a.m. Call 438-1974.

Tropical Thursdays — Join the SB Tropics Recreation Center every Thursday for Texas Hold’em. The fun starts at 6 p.m. A free weekly tournament (with no buy in) lets you test your skills against the best of the best Army players around. All ID cardholders 18 and older are welcome. Call 655-5698.

15 / Friday
AER Early Donation — Donate to Army Emergency Relief through May 15. Donation forms are available at SB ACS, Bldg. 2091, or at the Community Readiness Expo held at the SB Nehelani on Thursdays. Return completed donation forms to ACS. Contact the AER officer at 655-7132.

Ongoing
Youth Sports Track and Field — Practices are underway for track meets that will be held every Saturday in May at Stoneman Field. AMR/FS practices are 5-6:30 p.m., Tuesdays and Thursdays; SB prac-

tices are Wednesdays and Fridays. Call 655-6465 (SB) and 836-1923 (AMR/FS).

Yoga Dance Class — Yoga Dance class for 3-18 years old and the Art of Middle Eastern Dance for 5-18 years at AMR and SB SKIES Studios. Costs \$35 per month/per child. Call SKIES at 655-9818.

SKIES Dance Classes — Participate in dance at SKIES Unlimited AMR & SB studios. The SKIES Dance program offers a variety of dance classes, including rhythm in motion for 2 years olds; beginner/intermediate dance combo for ballet and tap, for 3-5 and 6-9 year olds; hip-hop; and ballroom dancing. Call 655-9818.

RV/Boat/Jet Ski Lot — Not enough space? Store your recreation equipment with the Auto Skills Center. Costs \$40 for 16-foot and below, and \$50 for any above 16-feet. Call SB at 655-9368 or FS at 438-9402.

First-Termers Financial Training — This ACS Financial Resilience Center workshop focuses on basic financial skills to help develop self-reliance and personal responsibility designed to help understand personal finances while learning tools for financial success. This is a mandatory program of instruction for first-term Soldiers, offered every Monday (except federal holidays), 8:30 a.m.-4:30 p.m., at SB Bldg. 647. Soldiers must bring an end of month LES. Call 655-1866.

Commissary benefits ready for online access

NANCY O'NELL
Defense Commissary Agency

FORT LEE, Virginia — Most of us can appreciate saving a little cash on groceries.

Whether single or a family of eight, every dollar helps.

“When service members show their military ID to shop in their commissary, it’s their ticket to savings on groceries and household items,” said Gary Frankovich, chief of strategic communications at the Defense Commissary Agency.

Frankovich said some service members may be leaving money on the table and not saving the most they possibly can from their benefit simply by not using features of the commissary’s website, www.commissaries.com.

“If you haven’t been to the commissary website lately, you may be surprised at the number of sales, services and programs available to help you keep a little more of that green stuff in your pocket and in your bank account,” he added.



shoppers can register their card and add coupons here.

- Other money-saving features include the ability to subscribe to the Commissary Connection e-newsletter, find dates and locations of future Guard and Reserve on-site sales and place an order for Commissary Gift Cards.

There’s even a video explaining the Commissary Value Brands, one of the best ways to save in the commissary.

Under the Healthy Living tab

- Find Better For You recipes and nutrition information.
- Get Be Food Safe advice, such as how to avoid spreading bacteria when working with raw chicken.
- See Cooking Tips, designed for anyone who wants to avoid meal preparation disasters or for those who simply want to know how to dress a Cincinnati Five-Way Chili Dog.

Other items

Other homepage features include a Locations tab that makes it easier for site visitors to find a store.

Each commissary has its own pages with hours of operation, telephone numbers, email addresses, directions and a place for the store director to add store news.

“The commissary is a benefit that military members have earned through service to their country and one the Defense Commissary Agency is proud to deliver,” Frankovich said. “There’s more to discover and many more ways to save at commissaries.com.”

(Note: O’Neill is a DeCA public affairs specialist.)

More Online

Visit www.commissaries.com.



Sidewalk Sales

The Schofield Barracks Commissary will hold a Customer Appreciation Case Lot Sale, May 14-17.

CHOOSE TO LOOSE



Jack Wiers, U.S. Army Garrison-Hawaii Public Affairs

SCHOFIELD BARRACKS — Winners of the Commissary’s Choose to Loose annual weight-loss competition – team category winners Michelle John (second from left), Chelsea Stephens (third from left) and Sylvia Carrasco (third from right) – are joined by Commissary staff members and event sponsors following the April 29 awards ceremony at the Schofield Commissary. Winners received fitness watches along with product gift certificates.

Using supplements effectively requires homework

DR. JESSICA FORD
U.S. Army Public Health Command

Most people do not plan on feeling depressed, but depression is called the “common cold” of behavioral health issues. Almost one out of five people will have depression during their lives. Some signs of depression are losing interest in things you used to enjoy or feeling sad most of the time for two or more weeks. If you are concerned about your mood, you may wonder what to do. In fact, finding help for behavioral health issues, like depressed mood, is an important part of maintaining personal readiness.

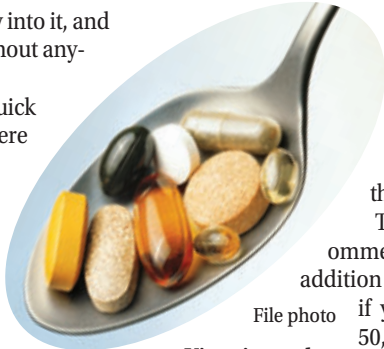
Resources

When you are seeking out resources, you may feel overwhelmed with information. Oftentimes, people seek advice from friends, family, coworkers and the Internet. This can be confusing. Some recommendations will be helpful, but others could be harmful. Some sources may recommend dietary supplements as a quick and easy fix. Dietary supplementation may seem like an easy fix because you do not have

to invest a lot of time or money into it, and supplements can be taken without anyone knowing. Unfortunately, there is no quick fix for depression. Although there is some evidence that having low levels of certain nutrients (for example, folate, B-12, calcium, vitamin D, iron, selenium, zinc and N-3 fatty acids) contribute to some mood problems, there is very little evidence that dietary supplements help most people who are depressed.

Vitamins can help

Scientists have found that vitamins can be helpful for some women with hormone-related depression symptoms. For those who do not have a nutritional deficiency or depression, multi-ingredient vitamin supplementation has been shown to improve mood and reduce stress and anxiety. Despite evidence that vitamin supplementation can be helpful for people without depression, the Department of Health and Human



File photo
Vitamins and supplements without a health care provider’s help may be wasteful.

Services and the U.S. Department of Agriculture’s dietary guidelines for Americans advise that nutrient needs be met primarily through the food that you eat. These guidelines only recommend supplement use in addition to a nutrient-dense diet if you are over the age of 50, a woman of childbearing age or if you have dark skin or are not exposed to enough sunlight. The Food and Drug Administration warns against taking in too many vitamins since there are upper limits of safety.


Bottom line

At the end of the day, taking supplements without a health care provider’s help may result in wasted money or time because it is hard to tell the difference between a mood disorder and normal, everyday sadness related to a stressful situation. The best person to discuss changes in mood

is your primary health care provider, who can help you determine if your mood change or problem is the result of depression, a normal situational response or a physical problem. If they do find that you have a mood disorder, like depression, the current gold standard treatment for depression is a type of therapy called cognitive-behavioral therapy along with a prescription antidepressant. Additionally, you may want to have lab tests to check for a deficiency and discuss the use of vitamins or perhaps herbal remedies with your provider. Ultimately, only you and your health care team (which may include your primary health care provider and a behavioral health specialist) can make the best decision regarding nutritional supplementation and treatment planning for mood concerns.

More Online

For more details on specific supplements visit, <http://hprc-online.org/dietary-supplements/opss>.



Curbing STIs requires ‘respect and protect’ philosophy

MIRANDA ANDREWS
U.S. Army Public Health Command

The U.S. Centers for Disease Control and Prevention estimates that more than 20 million new sexually transmitted infections occur annually in the United States, contributing to roughly 110 million total infections and \$16 billion in medical costs each year. Common STIs include human papillomavirus (or HPV), chlamydia, trichomoniasis, gonorrhea, herpes simplex virus (or HSV), syphilis, hepatitis B and human immunodeficiency virus (or HIV). About half of new STIs occur in youth and young adults who are 15-24 years old.

Gauging risk

STIs are also common among the military active duty population, where more than a third of service members are under 25. Risk factors for infection and disease trends tend to mirror those observed nationally. Depending on the STI, symptoms can include painful urination, itching, discharge, painful or swollen testicles, bleeding between

menstrual cycles, painful intercourse, abdominal or pelvic pain or rashes. More often, an STI may not have noticeable symptoms. Chlamydia, for example, is known as the “silent infection,” and fails to show symptoms in about 80 percent of infected women and 50 percent of infected men. Likewise, syphilis is another STI that often goes unnoticed in early stages. It is on the rise in both civilian and military communities, especially among men who have sex with men (MSM). And having an STI can make it easier to get another. In several major U.S. cities, about half of MSM with syphilis are co-infected with HIV. Periodic STI testing is often the best way to identify infections.

High-risk behaviors

Common high-risk behaviors include hav-

ing unprotected sex, inconsistent condom use, multiple partners, one-night stands, soliciting sex and being under the influence of alcohol or drugs. Technology, such as “hook-up” apps, has also increased STI risk by linking anonymous partners for casual sex. Online profiles can be deceptive, setting you up for a dangerous situation and leave lingering uncertainty about STIs. The anonymous encounters make it challenging to notify a partner of a positive STI test. All STIs are preventable, many are curable and all can be treated to manage symptoms. Prevention starts with communicating with intimate partners and taking charge of one’s sexual health. Effective ways to reduce your risk include these:

- Using a condom correctly every time when

About half of new STIs occur in youth and young adults who are 15-24 years old.

engaging in oral, vaginal or anal sexual activity.

- Reducing the number of sexual partners and the number of high-risk partners, situations and sex acts.
- Being in a mutually monogamous relationship with an uninfected partner.
- Talking to a medical provider about getting tested (every three to six months).
- Getting the HPV and Hepatitis B vaccines.

Get tested

If you are concerned about your STI risk, you can request testing through your primary care clinic. Military treatment facilities offer free, confidential testing, treatment and counseling for TRICARE beneficiaries. Local public health departments also offer low-cost testing and treatment. In some cases, you can even collect the sample at home. For additional information regarding STIs or HPV and hepatitis B vaccination, contact your primary care provider or Preventive Medicine. Remember, prevention starts with you. *(Note: Andrews works with the Disease Epidemiology Program at USAPHC.)*

Handling stress effectively improves overall health

SANDRA DURRENCE
Army News Service

FORT STEWART, Georgia — What is stress? Stress is “wear and tear” that can impact your mental, physical and emotional health as you adjust to a changing environment. The effects can either be positive or negative.

Take a look at the positive side of stress: It can help compel you into action and sometimes add excitement to life. Negative stress can cause a person to experience distrust, rejection, anger, depression and anxiety.

Here’s your goal: Let’s “hunt for the good stuff” and learn to be more resilient by effectively managing stress and finding the optimal level of stress to “encourage without discouraging.”

How do I manage stress?

The National Institute of Health recommends the following:

- Become aware of your stressors and your emotional and physical reactions. Notice your



File photo

Getting enough sleep helps build reserves to combat stress.

stress, events that distress you and how your body responds to the stress.

- Recognize what you can change. Realize what you can do to reduce, shorten exposure or eliminate stressors. Goal setting and time management help in this process.
- Reduce the intensity of your emotional re-

actions to stress. Be realistic in your expectations of others and yourself. Most things are not a matter of life or death.

- Learn to moderate your physical reactions to stress. Slow, deep breathing helps normalize your heart rate and increases relaxation. Relaxation techniques through biofeedback, music, yoga and progressive muscle relaxation can reduce muscle tension.
- Build your physical reserves. Exercise 3-4 times per week. Eat balanced meals. Maintain ideal weight. Avoid nicotine and caffeine. Take breaks during work. Get

enough sleep.

- Maintain your emotional reserves. Develop supportive relationships. Pursue realistic goals that are meaningful to you. Expect frustrations, failures and sorrows. Be a friend to yourself.
- If stress becomes too overwhelming, get help. Talk to your counselor, teacher, friend or medical provider.

More Details

For more information, contact Schofield Barracks’ Public Health Nursing at 433-8677.